

WHAT IS CLAIMED IS:

1. A food product comprising:
a pocket formed from dough,
a portion of a food stuffing material captured within the pocket; and
a protrusion coupled to the pocket, wherein the protrusion is capable of being
5 grasped and, when so grasped, the pocket is capable of being supported by the protrusion.
2. The food product of claim 1, wherein the protrusion is sufficiently large so that it can be grasped by way of a thumb and an index finger.
3. The food product of claim 1, wherein the protrusion includes a first side surface and a second side surface substantially opposite the first side, and wherein little, if any, of the portion of the food stuffing material is positioned in between the first and second side surfaces of the protrusion.
5
4. The food product of claim 3, wherein each of the first and side surfaces has a surface area of at least one square centimeter.
5. The food product of claim 1, wherein the protrusion is dough that is integrally formed as part of the dough forming the pocket.
6. The food product of claim 5, wherein the protrusion includes two layers of dough that are pressed together to form a double-layer extension.
7. The food product of claim 6, wherein formation of the protrusion includes an additional step of cooking to further enhance the strength of the protrusion.
8. The food product of claim 1, further comprising a second protrusion also coupled to the pocket.

9. The food product of claim 1, wherein the protrusion is an extension of at least a portion of a rim about at least a portion of the circumference of the pocket, and wherein the protrusion is configured for being grasped by a clip.

10. The food product of claim 9, further comprising a clip that grasps the protrusion, wherein the clip further includes a portion that is capable of being grasped by a thumb and an index finger, and wherein the clip effectively forms a portion of the protrusion.

11. The food product of claim 1, further comprising a food structure that extends from within an interior of the pocket out beyond a rim of the pocket, and wherein the protrusion includes an outer portion of the food structure extending beyond the interior of the pocket.

5

12. The food product of claim 11, wherein the food structure is at least one of edible and inedible, and wherein when the food structure is edible the food structure is one of a solidified piece of dough and a pretzel.

13. The food product of claim 1, wherein the pocket is generally of the form of one of a pierogi, a ravioli, a pot-sticker, a knedle, a piroshki, and a dumpling.

14. An apparatus for use in combination with a food item including a pocket formed from dough and a portion of a food stuffing material captured within the pocket; the apparatus comprising:

means for grasping the food item,

5 wherein the means for grasping is one of removably couplable to the pocket and fixedly coupled to the pocket, and

wherein when the means for grasping the food item is coupled to the food item, the food item can be supported by using the means for grasping.

15. The apparatus of claim 14, wherein the means for grasping includes a protrusion extending from the pocket, wherein the protrusion is formed from a same or substantially

similar dough as the pocket is formed from, and wherein the protrusion is integrally formed from the same dough.

5

16. The apparatus of claim 14, wherein the means for grasping includes a clip that is removably couplable to one of the pocket and another portion of the means for grasping.

17. The apparatus of claim 16, wherein the means for grasping further includes a protrusion of the dough of the pocket, and wherein the clip is removably couplable to the protrusion.

18. A method of manufacturing a pocket-food item at least in part from a dough so that the pocket-type item is graspable, the method comprising:

providing a sheet of dough;

cutting out a plurality of sections of the dough;

5 applying a portion of secondary food material adjacent to at least one of the sections of the dough; and

securing the portion of secondary food material within the at least one section of the dough so that the secondary food material is captured within the at least one section of the dough,

10 wherein the at least one section of the dough and the secondary food material therein forms at least a portion of the pocket-type item,

wherein at least one of the at least one section of the dough and a secondary portion coupled to the at least one section of the dough includes a protrusion, and

15 wherein the protrusion is capable of being grasped and, when so grasped, the pocket is capable of being supported by the protrusion.

19. The method of claim 18, further comprising:

forming the protrusion from at least one of:

a portion of the at least one section of the dough while the at least one section of the dough is cut, wherein the protrusion is solidified by way of at least

- 5 one of frying the protrusion, applying pressure to the protrusion, boiling the protrusion, steaming the protrusion; and
 a portion of tertiary food material in contact with the at least one section of the dough.

20. The method of claim 18, wherein the securing of the portion of the secondary food material includes forming a pocket around the secondary food material, the pocket including a rim; wherein the protrusion is included as part of the secondary portion; and wherein the secondary portion includes a clasping mechanism.